

# Watertown Council on Aging Senior Center



## Directory of Senior Services

## **IMPORTANT PHONE NUMBERS**

**Doctor**\_\_\_\_\_

**Emergency Contact**\_\_\_\_\_

**Emergency**..... 911

**Watertown Council on Aging**.....617-972-6490

**AGEInfo (state elder services)**.....1-800-882-2003

**Elder Abuse Hotline**.....1-800-922-2275

**Medicare Info**.....1-800-882-1228

**Social Security Info**.....1-800-772-1213

**Medical Transportation**.....1-800-427-0230

**Springwell**.....617-926-4100

**Watertown Housing Authority**.....617-923-3950

**Watertown Senior Center**.....617-972-6490

**MassMedline**.....1-866-633-1617

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# Watertown Council on Aging Senior Center

## Directory of Senior Services

Funded in part by a grant from Springwell and the  
Massachusetts Executive Office of Elder Affairs,  
and by the  
Friends of the Watertown Council on Aging

Fall 2004

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# JUST FOR SENIORS – AGENCIES AND ORGANIZATIONS



**Watertown Council on Aging/Senior Center** 617-972-6490  
31 Marshall St. [www.ci.watertown.ma.us](http://www.ci.watertown.ma.us)

The Council on Aging/Senior Center, a department of the Town of Watertown, provides programs and services for Watertown residents 60 and older and their families which include: information and referral, outreach, shopping bus, health insurance counseling, income tax assistance, medical transportation, and a variety of health, educational, and recreational activities at the Senior Center.

**Springwell** (formerly West Suburban Elder Services) 617-926-4100  
[www.springwell.com](http://www.springwell.com)

Watertown's ASAP (Aging Services Access Point) point of entry for state-subsidized elder services, and AOA (Area Agency on Aging) administering federally funded programs for elders such as Meals on Wheels, and elder protective services, home health/homemaker and caregiver support services.

**Mass Executive Office of Elder Affairs** 617-727-7750  
[www.mass.gov](http://www.mass.gov)

EOEA is the state government office for seniors. EOEA operates the Information and Referral Hotline 1-800-AGE-INFO (1-800-243-4636) [www.800ageinfo.com](http://www.800ageinfo.com)  
and the Elder Abuse Hotline.....1-800-922-2275

# ORGANIZATIONS

## Senior Organizations: Helpful Phone Numbers

American Association of Retired Persons (AARP).....617-723-7600

[www.aarp.org/states/ma](http://www.aarp.org/states/ma)

Massachusetts Association of Older Americans.....617-426-0805

ElderINFO (Boston area)... [www.elderinfo.org](http://www.elderinfo.org)..... 617-292-6211

Massachusetts Senior Action Council.....617-350-6722

[www.masssenioraction.org](http://www.masssenioraction.org)

Older Women's League(OWL)[www.owl-national.org](http://www.owl-national.org) 1-800-863-1539

UMASS Gerontology Institute..[www.geront.umb.edu](http://www.geront.umb.edu)...617-287-7300

## Usefull Websites:

US Administration on Aging

[www.aoa.gov/](http://www.aoa.gov/)

US Department of Veterans Affairs

[www.va.gov/](http://www.va.gov/)

National Institutes of Health (NIH)

[www.nih.gov/](http://www.nih.gov/)

NCOA (National Council on Aging)

[www.ncoa.org](http://www.ncoa.org)

Two sites for seniors produced by the National Library of Medicine and the National Institutes of Health:

**Medline** <http://www.nlm.nih.gov/medlineplus/>

This site contains information about a variety of health issues.

**NIH Senior Health**

. <http://nihseniorhealth.gov>

This site has a very 'senior friendly' format which can read the text aloud, and enlarge and/or change the contrast settings of the text.

**BenefitsCheckUp**

[www.benefitscheckup.com/](http://www.benefitscheckup.com/)

an online service (sponsored by NCOA) that checks eligibility for programs that may pay for some of the cost of prescription drugs, health care, utilities, and other essential items or services.

# CARING FOR YOUR HEALTH

## HEALTH INSURANCE

**Medicare**      [www.medicare.gov](http://www.medicare.gov)      1-800-882-1228

Medicare is the federal health insurance program for people aged 65 and older. Medicare is divided into two parts: Part A - Hospital insurance which covers hospital costs, (after a deductible) some skilled nursing care, and home health visits, and Part B, which covers 80% of certain other medical fees (after a deductible.) Part B is voluntary and requires payment of a premium that is usually deducted from your Social Security check each month. Seniors usually supplement Medicare coverage with additional insurance purchased individually through 'medigap' or HMO policies (listed below.) "The Medicare Handbook" outlines the most current information about coverage and may be obtained by calling **Social Security** [www.ssa.gov](http://www.ssa.gov) at 1-800-772-1213.

### **Medicare Supplement Plans Offered in Massachusetts:**

**Medex** Blue Cross & Blue Shield of MA      1-800-678-2265

[www.bluecrossma.com](http://www.bluecrossma.com)

United HealthCare Insurance Company      1-800-523-5800

[www.aarphealthcare.com](http://www.aarphealthcare.com)

**AARP** (members only)

### **Medicare HMO Plans Offered in Massachusetts:**

**First Seniority** Harvard Pilgrim Health Care      1-800-779-7723

[www.harvardpilgrim.org](http://www.harvardpilgrim.org)      TTY: 1-800-439-2370

**Blue Care 65** Blue Cross Blue Shield of MA      1-800-678-2265

[www.bluecrossma.com](http://www.bluecrossma.com)      TTY: 1-800-522-1254

**Secure Horizons** Tufts Associated Health Plan      1-800-246-2400

[www.tufts-health.com](http://www.tufts-health.com)      TTY: 1-888-899-8977

# CARING FOR YOUR HEALTH

**Medicaid**                      **1- 888- 665-9993** (MassHealth Enrollment Center)

Medicaid is a medical assistance program for people with very low income. In Massachusetts, the program is administered through the Division of Medical Assistance (DMA) [www.mass.gov/dma](http://www.mass.gov/dma) as MassHealth. MassHealth is provided automatically to individuals who receive SSI (Supplemental Security Income) through Social Security. Those who are slightly over income may be eligible for limited assistance as well. Call the MassHealth Enrollment Center. For help completing the application forms call the MassHealth Customer Service Center at 1-800-841-2900.

## HEALTH CARE ADVOCACY

**SHINE**

**617-972-6490**

[www.medicareoutreach.org/](http://www.medicareoutreach.org/)

The SHINE (Serving Health Insurance Needs of Elders) program is a free, state-funded service that assists seniors by sorting out Medicare, health insurance and prescription drug coverage. The SHINE worker can evaluate and advise on health insurance options, help fill out forms, and make necessary phone calls. A SHINE volunteer is at the Senior Center Tuesday mornings by appointment.

**MA Division of Insurance**

**617-521-7794**

**E.O.E.A.**

**617-727-7750**

These two agencies jointly publish a *Consumers Guide to Long Term Care Insurance*, available online at:

[www.mass.gov/doi/Consumer/CSS\\_health.html](http://www.mass.gov/doi/Consumer/CSS_health.html).

**Mass. Medicare Advocacy Project**

**617-371-1234**

[www.lsccl.org/map](http://www.lsccl.org/map)

**or 1-800-323-3205**

The MMAP offers free legal representation to seniors who are denied or disagree with part of their Medicare coverage.

# CARING FOR YOUR HEALTH

## MASSPRO

1-800-252-5533

<http://www.masspro.org>

Contact MASSPRO (Massachusetts Peer Review Organization) to file an appeal if you believe that you are being discharged from the hospital prematurely.

## Health Care for All

1-800-272-4232

[www.hcfama.org](http://www.hcfama.org)

617-350-7279

Health Care for All is a statewide health care advocacy group

## Dentistry for All

1-800-342-8747

[www.massdental.org](http://www.massdental.org)

This program run by the Mass. Dental Society provides access to dental care for seniors with limited income, as well as the 'Find a Dentist' referral service. Call for more info.

## [Access to Health Care in Massachusetts: A Catalog of Health Care Programs for Uninsured and Underinsured Individuals](#)

by the Division of Health Care Finance and Policy (DHCFP,) it contains information on 86 federal, state, and local health care programs providing direct services that are available to uninsured and underinsured MA residents. Call for a copy (617-988-3100,) or download: <http://www.mass.gov/dhcfp/pages/dhcfp144.htm>

## HELP WITH PRESCRIPTION COSTS

### Prescription Advantage

1-800-243-4636

[www.800ageinfo.com](http://www.800ageinfo.com)

TTY 1-800-813-7787

Prescription Advantage is a prescription drug insurance program for all Massachusetts residents age 65 and older. The program was created by the Commonwealth, and is administered by(Cont.→)



# CARING FOR YOUR HEALTH

the Mass Executive Office of Elder Affairs. Premiums are based on income, and currently range from \$0 to \$99. A maximum out-of-pocket ceiling exists for all income levels. Call for more information.

**Medicare Endorsed Discount Cards** - Medicare has endorsed prescription drug discount cards that provide, on average, a 10-15% discount off the price of your prescriptions drugs. Card sponsors offer special pricing on a list of drugs they cover, provide access to an extensive retail pharmacy network, operate call centers, and have a process to respond to beneficiary concerns. People with low incomes may receive an additional \$600 credit to pay for their prescription medicines in both 2004 and 2005. Call 1-800-MEDICARE to compare prices of the drugs offered by each card sponsor or visit their web site at [www.medicare.gov](http://www.medicare.gov)

**MassMedLine**

**1-866-633-1617**

[www.massmedline.com](http://www.massmedline.com)

Trained pharmacists and social workers staff MassMedLine. Staff at MassMedLine can help you understand which drugs have less expensive alternatives, *can identify which discount program or discount card may be best for you*, and will help you with the paper work associated with applying for the free prescription assistance programs offered by many pharmaceutical companies.

**Discount Card Programs** - Each discount program provides a drug card that provides discounts on the cost of drugs bought at local retail pharmacies or mail order plans. For some programs, a membership fee or monthly fee is charged so you should evaluate the program's membership fee against the offered discount to determine if it is beneficial to you. Cards offer a range of discounts between 10-40% off on a large variety of medications.

# CARING FOR YOUR HEALTH

**Manufacturer Discount Cards** - Some companies offer discount cards to people within certain income ranges. The cards tell the local pharmacist to give that customer a discount for that company's drugs only. There are many different cards offering an array of discounts and having distinct eligibility guidelines making it difficult to decide which card is right for you. Income eligibility guidelines generally restrict individuals whose incomes are higher than \$30,000/\$40,000 for an individual/couple.

Call **MassMedLine (1-866-633-1617)** if you have any questions about Medicare Endorsed Discount Cards, Discount Card Programs, and/or Manufacturer Discount Cards.

**Veteran's Benefits** - The VA can help registered veterans obtain prescription drugs at reduced rates. To do so, you must be seen by a VA doctor. You may maintain your own doctors as well. Most prescriptions can be filled at a VA hospital or clinic. You pay a \$7.00 co-payment for a 30-day supply. Contact any VA health care facility, your town's Veterans' Agent Office (617-972-6416) or call 1-877-222-VETS (1-877-222-8387) for more information on how to receive medical services including prescription drugs from a VA health care facility.

**Retiree Plans** - If you have a retiree health insurance plan, please review your policy or contact your employer's benefits office to find out if it includes a prescription drug benefit.

**PhRMA**

**1-800-762-4636**

[www.helpingpatients.org](http://www.helpingpatients.org)

Some member companies of the Pharmaceutical Research and Manufacturers of America (PhRMA) provide drugs to physicians for patients who cannot afford to purchase them. Each (Cont.→)

## CARING FOR YOUR HEALTH

company determines which drugs they will make available, and whether or not a patient qualifies for program coverage. A new interactive web site created by PhRMA and 48 of its member companies, [www.helpingpatients.org](http://www.helpingpatients.org) is designed to help people find prescription drug assistance programs. It is a user-friendly database containing information about programs that supply free pharmaceuticals. The service is free and confidential. PhRMA's *2003-2004 Directory of Prescription Drug Patient Assistance Programs* lists drugs provided, eligibility criteria, and contact information. Call or go online for more info.

### MEDICAL TRANSPORTATION

#### **Busy Bee Transportation**

**1-800- 427-0230**

Transportation to medical appointments is available to Watertown residents through Busy Bee. The medi-van is accessible to individuals with a disability, and operates weekdays from 9:00 a.m. to 3:00 p.m. At least three days advance notice is required. A \$2.00 donation each way locally, and a \$4.00 donation each way for Boston addresses is requested.

#### **Senior Medical Escort Program**

**617-926-4100**

Springwell administers this program that matches volunteers with frail seniors to drive and/or accompany them to medical appointments.

#### **In Case of Emergency**

**911**

Watertown maintains a fine emergency response team, and an enhanced 911 system that pinpoints the address of the caller. Any resident experiencing what they suspect to be a medical emergency should call 911 for help.

# CARING FOR YOUR HEALTH

## HELP FOR ALZHEIMER'S PATIENTS

### **At Risk Alzheimer's Registry**

**617-972-6529**

The Watertown Police Department provides the registry to protect at-risk individuals. Call Sgt. David Sampson for more information

### **CASS (Community Alzheimer's Support Services)**

**617-491-1823**

Support groups provide information, resources and emotional support to family members and caregivers. Call Ruth Gordon.

## MISC. MEDICAL EQUIPMENT/SUPPORT SYSTEMS

### **File of Life**

**617-972-6529**

Distributed through the Police Dept. Lists medical information, medications and emergency contacts. Call for more information.

### **Lifeline Systems**

**1-800-328-8824**

[www.lifelinesys.com](http://www.lifelinesys.com)

Personal emergency response system worn on the body. Covered by Medicaid and by some health insurance plans.

### **American Wheelchairs**

**1-800-449-8991**

[www.americanwheelchairs.com](http://www.americanwheelchairs.com)

Modular kits for wheelchair ramp that provide temporary wheelchair access to homes.

### **Places that accept Donations of used equipment:**

Pass It On

**1-508-477-6966**

Lexington Lions Club

**1-781-862-4710**

AMRF (may pick up)

**1-508-580-3301**

# CARING FOR YOUR HEALTH

## MEDICAL RESOURCES - HELPFUL PHONE NUMBERS:

Alcoholics Anonymous.....	<a href="http://www.aaboston.org">www.aaboston.org</a>	617-426-9444
Alzheimer's Association, Mass. Chapter.....	<a href="http://www.alzmass.org">www.alzmass.org</a>	1-800-548-2111 or 617-868-6718
American Academy of Ophthalmology.....	<a href="http://www.aao.org">www.aao.org</a>	
Seniors EyeCare Program.....	1-800-222-EYES (3937)	
American Cancer Society.....	<a href="http://www.cancer.org">www.cancer.org</a>	508-652-4300 or 1-800-227-2345
American Diabetes Association...	<a href="http://www.diabetes.org">www.diabetes.org</a>	617-482-4580 or 1-800-342-2383
American Heart Association.....	<a href="http://www.americanheart.org">www.americanheart.org</a>	508-620-1700 or 1-800-242-8721
American Parkinson's Disease Association	<a href="http://www.apdaparkinson.org">www.apdaparkinson.org</a>	617-638-8466 or 1-800-400-2732
Arthritis Foundation....	<a href="http://www.arthritis.org">www.arthritis.org</a>	617-244-1800 or 1-800-283-7800
Center for Mental Health.....	<a href="http://www.ma.gov/dmh">www.ma.gov/dmh</a>	
Emergency 24 Hour.....	781-894-8440 or 1-800-540-5806	
Day Surgery Companionship Service (through Home Instead Senior Care).....		617-969-8697
Lifeline Systems	<a href="http://www.lifelinesys.com">www.lifelinesys.com</a>	1-800-328-8824
MAB Community Services (low vision resources)	<a href="http://www.mabcommunity.org">www.mabcommunity.org</a>	617-926-4232
Mass Commission for the Blind.	<a href="http://www.mass.gov/mcb">www.mass.gov/mcb</a>	617-727-5550
Mass Commission for the Deaf & Hard of Hearing	<a href="http://www.mass.gov/mcdhh">www.mass.gov/mcdhh</a>	617-727-5106
Mass Dental Society (Dentistry for All)	<a href="http://www.massdental.org/public/dfa.cfm">www.massdental.org/public/dfa.cfm</a>	1-800-342-8747
Mass. Office on Disability.....	<a href="http://www.mass.gov/mod">www.mass.gov/mod</a>	617-727-7440
McLean Hospital (Geriatric outreach)	<a href="http://www.mclean.harvard.edu/patient/geriatrics/">www.mclean.harvard.edu/patient/geriatrics/</a>	1-800-333-0338

# CARING FOR YOUR HEALTH

Ombudsman Office (Long Term Care, Assisted Living, Community Care).....617-727-7750 or 1-800-243-4636  
Perkins School for the Blind..... [www.perkins.org](http://www.perkins.org) .....617-924-3434  
Talking Book Library.....617-972-7240  
[www.klas.com/talkingbooks/massachusetts](http://www.klas.com/talkingbooks/massachusetts)  
Outreach Services/Low Vision Clinic.....617-972-7434  
SHHH (Self Help for Hard of Hearing People, Inc.)  
[www.shhh-boston.org](http://www.shhh-boston.org).....617 720-2196  
Watertown Commission on Disabilities.....617-972-6443

## PERSONAL PHONE NUMBERS:

Doctor: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Pharmacy: \_\_\_\_\_

\_\_\_\_\_

Medicare Card #: \_\_\_\_\_

Insurance Company: \_\_\_\_\_

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# HEMOCARE AND HOUSING OPTIONS

## CARE IN THE HOME

Many services are geared toward seniors' wish to remain in their own homes for as long as possible. The **Massachusetts Home Care Program** administered by Springwell for Watertown residents, provides state subsidized support services to income eligible elders with daily living needs.

### **Springwell**

**617-926-4100**

Springwell is the Area Agency on Aging for Watertown and surrounding communities which coordinates services for elders that include: case management, placing home health aids and homemakers, the Meals on Wheels and congregate meal programs, respite services, and some financial assistance for adult day health care. Eligibility is based on need and income. Fees are determined on a sliding scale. Caregiver support resources are available regardless of income. Seniors ineligible for funding or subsidy are referred to local home health/homemaker agencies for private pay.

**The Massachusetts Family Caregiver Support Program** administered through Springwell, provides free services such as an in-home assessment, information and referral, education, and training for spouses, family members and friends who care for an elder.

## HOME HEALTH CARE

Home health agencies today provide a full range of health and supportive services which may include skilled nursing, home health aide, homemaker/housekeeping, social services, physical, occupational, and speech therapy, emergency response, nutrition counseling, and case management. For individuals who (Cont.→)

# HEMOCARE AND HOUSING OPTIONS

need assistance with certain activities of daily living, such as bathing, dressing, grooming, and getting in and out of bed, home health agencies can provide home health aides or personal care homemakers.

**'Guide to Choosing a Home Care Agency: Important Questions You Should Ask'** developed jointly by the Attorney General's Office and the Home and Health Care Association of Massachusetts, provides basic information on home care issues. Contact the Office of the Attorney General, Public Protection Bureau, at 617-727-8400 to order a free guide.

**Massachusetts Extended Care Federation 617-558-0202 or 1-800-CARE-FOR** publishes, and lists on their website, a list of approved agencies in the area. <http://www.masslongtermcare.org>

**Some local homecare agencies are:**

Golden Care	617-267-5858
Griswold Special Care	781-449-0402s
VNA Care Network	800-728-1862
Home Instead Senior Care	617-969-8697

## ALTERNATE TYPES OF LIVING ARRANGEMENTS FOR OLDER ADULTS

### ACTIVE ADULT COMMUNITIES

These communities offer resort-style living for younger seniors. Their booklet, **Mature Living Choices** is available at the Senior Center. [www.maturelivingchoices.com](http://www.maturelivingchoices.com)

(Cont.→)



# HEMOCARE AND HOUSING OPTIONS

## INDEPENDENT LIVING COMMUNITIES

These communities are designed for seniors who are active, healthy and able to live without assistance. Basically, they are no different from other residential enclaves except that there is an age restriction (over 55) or an age target.

## ASSISTED LIVING

Assisted Living is a residential setting that offers choices in personal care and health related services designed for seniors who need regular help with daily activities (bathing, dressing, toileting, walking, medication reminders) but who do not need a nursing care facility. Such facilities offer a custodial level of care for seniors with some functional impairments, either physical or cognitive. Each residential unit has an emergency call system supported by 24-hour security and staff availability. These facilities may also offer three meals a day served in a common dining room, housekeeping services, transportation, health promotion and exercise programs, medication management, personal laundry services, and social and recreational activities. In some facilities, the basic fee covers all services. In others, the basic fee covers only limited services with additional charges for services on an as needed basis.

**Two local facilities are:**

Brigham House  
341 Mount Auburn Street  
Watertown, MA 02472  
617-923-7779

[www.hallkeen.com/](http://www.hallkeen.com/)

Waltham Crossings  
126 Smith Street  
Waltham, MA 02451  
781-466-9912

[www.benchmarkquality.com](http://www.benchmarkquality.com)

# HEMOCARE AND HOUSING OPTIONS

## ALZHEIMER'S CARE FACILITIES

These facilities specialize in caring for patients with Alzheimer's disease or other forms of dementia. In the early or mid-stages of the disease, patients may be able to live in an assisted living facility. Specialized dementia units may be offered by Residential, Assisted Living or Nursing facilities.

For additional assistance, contact the Alzheimer's Association, Massachusetts Chapter at 617-868-6718 or 1-800-548-2111 ([www.alzmass.org](http://www.alzmass.org)) They publish the "ASSISTED LIVING CONSUMER GUIDE: What to Look For While Evaluating an Assisted Living Facility for Someone with Memory Impairment" available online and by phone.

## CONTINUING CARE RETIREMENT COMMUNITY

CCRC's are full service communities offering a long-term contract that provides for a continuum of care, including retirement, assisted living and nursing services, all on one campus.

## NURSING HOMES

Nursing homes are for individuals who need 24-hour supervision, and skilled nursing care. Comprehensive information can be found in [A Consumer's Guide to Nursing and Rest Homes PDF](#), available from the Executive Office of Elder Affairs, 1-800-AGE-INFO or 1-800-243-4636.

Some nursing homes in the area are:

Emerson Convalescent Home	617-924-1130
Maristhill Nursing Home	781-893-0240
Meadow Green Nursing & Rehab	781-899-8600
	(Cont.→)

# HEMOCARE AND HOUSING OPTIONS

Also, visit [MassLongTermCare.Org](http://MassLongTermCare.Org) online for further information about the continuum of long term care services and facilities available in Massachusetts.

## ADULT DAY HEALTH CARE

Adult Day Health Care provides community-based day health care in a safe environment to individuals with a variety of cognitive and functional limitations who do not require 24-hour institutional care, yet are not capable of full-time, independent living. They are designed to assist the individual obtain his/her maximum level of health, prevent further disabilities, and provide respite for family members/caregivers.

### **Local Sites:**

Windsor House	617-491-1815
St. Elizabeth's Adult Day Health	617-789-2618
Newton Adult Day Health	617-969-5906

## CONGREGATE HOUSING

Congregate Housing is a shared living environment designed to integrate the housing and service needs of income eligible elders and younger disabled individuals. Residents have their own room, and share the common areas of a house. Individuals in need of 24-hour supervision are not appropriate for congregate housing. Locally, there are two sites managed by Newton and Waltham Housing Authorities in conjunction with Springwell. Springwell coordinates support services and placement for elder residents. Call Springwell at 617-926-4100 for more information.

### **Community Living Network**

**617-527-6576 ext. 3**

A non-profit organization serving elders. Private room and bath in an inter-generational shared household.

(Cont.→)

# HEMOCARE AND HOUSING OPTIONS

## SUPPORTIVE HOUSING

The Supportive Housing Initiative was developed by the Executive Office of Elder Affairs, and the Department of Housing and Community Development to create an "assisted living like" environment in state funded elderly/disabled public housing. Watertown Housing Authority participates in this program, which is available at Woodland Towers and is administered by Springwell. Call the Watertown Housing Authority at 617-923-3950.

## VOLUNTEER HELP

### **Faith in Action**

**617-924-1212**

This ecumenical group matches volunteers with seniors in need of a friendly visitor or help with grocery shopping. Call and leave a message.

### **Senior Medical Escort Program**

**617-926-4100**

Springwell administers this volunteer program that matches volunteers with frail seniors to drive and /or accompany them to medical appointments. Other volunteer programs include money management, and friendly visiting. Call for details.

## ADDITIONAL RESOURCES

**NEW LIFESTYLES** published by New Lifestyles lists most of the options in the Boston area, and is updated every six months. We have free copies in the Senior Center or call (800) 869-9549, or go online at [www.newlifestyles.com](http://www.newlifestyles.com) .

(Cont.→)

## HEMOCARE AND HOUSING OPTIONS

“ Assisted Living in Massachusetts-2004 Resource Guide” – a free statewide guide to assisted living published by the Massachusetts Assisted Living Facilities Association (Mass-ALFA), is available online [www.massalfa.org](http://www.massalfa.org) or by calling 781-622-5999

Additional information about housing options is also available online on these websites:

[www.retirementliving.com/massachusetts.html](http://www.retirementliving.com/massachusetts.html)

[www.assistedlivinginfo.com](http://www.assistedlivinginfo.com)

[www.nursinghomeinfo.com](http://www.nursinghomeinfo.com)

# INFO FOR HOMEOWNERS AND TENANTS

## INFORMATION ABOUT HEAT AND UTILITIES

**Fuel Assistance** (Watertown residents go through Community Teamwork, Inc.) **1-877-451-1082 (toll free)**

**Nov. - April in Arlington**

**781-643-2358**

**other times in Lowell**

**978-459-6161**

**State website:**

<http://www.mass.gov/dhcd/>

Fuel Assistance is a combined State and Federal program that funds a portion of heating expenses for income eligible households. Applications are accepted from November through April. Watertown seniors who are applying for the first time may apply for fuel assistance through the Council on Aging. Call 617-972-6490 to set up an appointment. Once eligible for fuel assistance, an individual becomes automatically eligible for weatherization assistance, and discount on their water/sewer bill.

**Weatherization Assistance Program  
(The HEATLINE)**

**1-800-632-8175**

**Menotomy Weatherization (our local office)**

**781-316-3436**

WAP funds energy conservation home improvements, and repairs. Applications are accepted year-round.

**Good Neighbor Energy Fund**

**1-800-334-3047**

This fund is operated by your local Salvation Army for limited-income households not eligible for fuel assistance.

**Citizens Energy Oil Assistance Program**

**1-877-JOE-4-OIL**

[www.citizensenergy.com](http://www.citizensenergy.com)

**(1-877-563-4645)**

**617-338-6300**

This program pays for a portion of an oil delivery for income-eligible households.

# INFO FOR HOMEOWNERS AND TENANTS

**MassEnergy**

**1-800-287-3950**

[www.massenergy.com](http://www.massenergy.com)

Members receive discounts on oil and service prices. Membership fee is on a sliding scale, and is free for Fuel Assistance clients.

## **Residential Efficiency and Renewable Energy Hotline**

**1-866-527-7283**

Massachusetts Home Energy Service (MA HES) provides one-stop shopping to Massachusetts residential utility customers for energy efficiency and renewable energy services. The Residential Efficiency and Renewable Energy Hotline provides information, match residents' needs with appropriate resources, and identify residents who require a Home Energy Assessment.

## **NStar Home Energy Audit Program**

**1-800-445-9727 or  
617-541-7016**

Offers free analysis of homes to identify ways to cut energy waste and installs up to \$30 worth of energy efficient materials at no cost. [www.nstaronline.com](http://www.nstaronline.com) Customer Service: 1-800-592-2000

**KeySpan** [www.keysenergy.com](http://www.keysenergy.com) Customer Service: 781-751-3000 Emergency Gas Safety Service: 1-800-231-5325 Low-income households may be eligible for Residential Reduced Rate plan. For information, call 718-403-2171.

## **Utility Cut-Off Protection**

In residences where all the adults are 65 or over, public utilities (gas and electric) cannot discontinue service without written approval from the Mass. Dept. of Public Utilities. It is important to fill out the notification card that comes periodically with your bill and/or call your utility company.

# INFO FOR HOMEOWNERS AND TENANTS

**Verizon**

**Customer Service: 1-800-244-3737**

[www.verizon.com](http://www.verizon.com)

Through the LifeLine Discount Program, a reduction in the monthly bill is available for income eligible individuals. Call 1-800-870-9999 for more information.

## MAINTAINING YOUR HOME

**Watertown Home Improvement Program**

**617-923-3505**

This Town program, administered by the Planning Department and Watertown Community Housing, helps income eligible Watertown homeowners maintain and repair their homes with interest free or deferred loans. Call for more information.

**Homeowner Options for Mass. Elders(H.O.M.E.) 1-800-583-5337**

H.O.M.E. provides information on refinancing options, subsidized home repair, and financial management, help with credit, and advice on obtaining property tax abatements or deferrals.

**HouseWorks**

**617-928-1010 or 1-800-928-3393**

[www.house-works.com](http://www.house-works.com)

HouseWorks offers a wide variety of large and small home repair, modification, heavy cleaning and moving services. All workers are screened and insured, and supply free written estimates.

**International Elders**

**617-469-4640**

Offers a variety of home repair and chore services.

**Yard work/Snow Shoveling**

**617-972-6490**

The COA/Senior Center keeps a list. The senior initiates the call and negotiates the payment directly with the worker.



# INFO FOR HOMEOWNERS AND TENANTS

## PROPERTY TAX, WATER & SEWER BILLS

### **Property Tax Work Off Program 617-972-6490**

This program allows 10 seniors yearly to work 110 hours in a Town Department in exchange for a reduction of up to \$750 in their property tax bill. The applicant's skills must match those needed by participating Town departments. Preference is given to individuals whose annual income is 300% of the Federal poverty level or less. Past participants will be considered if space is available. Call the Council on Aging office for more information.

### **Property Tax, Water/Sewer: Exemptions/Deferrals 617-972-6410**

Check with the Assessor's Office for eligibility for tax exceptions or deferrals, which may defray part of the property tax and/or water sewer bill.

## TENANT RIGHTS

### **Watertown Health Department 617-972-6446**

Landlords must maintain certain health and safety standards. Call the Health Dept. if there are health or safety problems with the condition of your apartment.

### **B.C. Legal Assistance Bureau 781-893-4793**

B.C. Legal provides free legal information, referral, and advice on civil matters such as tenant/landlord disputes involving security deposits, eviction notices or leases.

# INFO FOR HOMEOWNERS AND TENANTS

State Office of Consumer Affairs and Business Regulation

[www.ma.gov](http://www.ma.gov)

Consumer Hotline

617-973-8787 or 888-283-3757

The Massachusetts State Sanitary Code provides an outline of landlord obligations. To find out more information on the Massachusetts State Sanitary Code, or for any other tenancy questions, contact the consumer hotline.

## DELIVERED TO YOUR HOME

### Pharmacy Delivery:

Shore Drugs 617-484-7007

Rosen Pharmacy 617-484-3850

### Grocery Delivery:

Francis Food Mart 617-484-0146

Peapod 1-800-573-2763 or [www.peapod.com](http://www.peapod.com)

### Laundry:

Town Line Laundry 617-923-1022 (pick up and delivery)

## HOME SAFETY & ADAPTIVE EQUIPMENT

### MAB Community Services (formerly Vision Foundation)

[www.mabcommunity.org](http://www.mabcommunity.org)

617-926-4232

Evaluations, services and adaptive equipment for individuals with low vision.

### MA Residential Fire Injury Prevention Program 617-972-6565

Free smoke detectors for the elderly and disabled, funded through a grant and distributed by the Watertown Fire Department.

# INFO FOR HOMEOWNERS AND TENANTS

## Verizon Center for Customers with Disabilities

Voice and TTY: 1-800-974-6006

If you are a Massachusetts resident with a permanent disability that in the majority of circumstances limits your ability to use the telephone effectively, you may be eligible to receive assistive telephone equipment free of charge or at a reduced rate.

## Online information about home safety and adaptive equipment:

Center for Universal Design [www.design.ncsu.edu/cud/index.html](http://www.design.ncsu.edu/cud/index.html)

Ageless Design [www.agelessdesign.com](http://www.agelessdesign.com)

AARP Universal Design [www.aarp.org/universalhome](http://www.aarp.org/universalhome)

## PUBLIC AND SUBSIDIZED HOUSING

### Watertown Housing Authority

617-923-3950

The W.H.A. maintains three housing complexes for seniors and persons with disabilities: Woodland Towers, McSherry Gardens, and Warren Apartments. Eligibility is determined by income level and age. The waiting list is long, so apply early.

### Arsenal Apartments

617-924-5565

### Rosary Apartments

617-924-6559

These are privately owned subsidized units specially designed for the elderly or persons with physical disabilities. Eligibility is determined by income level and age. The waiting list for an apartment is long, so apply early.

**Section 8 and affordable housing programs:** A limited number of Section 8 vouchers are available periodically through **Watertown Housing Authority** (617-923-3950.) In addition, **Watertown Community Housing** (617-923-3505) administers occasional opportunities for affordable housing programs.

# LEGAL, FINANCIAL, & CONSUMER INFO.

## LEGAL INFORMATION

**B.C. Legal Assistance Bureau** 781-893-4793

B. C. Legal is funded to provide free legal assistance with civil matters to seniors 60 and over. Limited free legal representation may also be available, and home visits are possible. B.C. Legal also has outreach hours at the Senior Center during the school year.

**Greater Boston Legal Services /Legal Advocacy Resource**

Center: [www.gbbs.org](http://www.gbbs.org) 617-371-1270

**Community Legal Services & Counseling Center** 617-661-1010

These organizations offer legal information, referral and advice on a free or sliding scale.

**Massachusetts Bar Association Legal Programs:**

[www.masslawhelp.com](http://www.masslawhelp.com)

**Lawyer Referral Service** 1-800-392-6164 or 617-654-0400

This service will match your needs with a lawyer in your vicinity.

**Dial-a-Lawyer** 617-338-0610

Call in and talk to a lawyer free of charge. This service operates from 5:30 - 7:30 p.m. on the first Wednesday of the month.

**Mass Health Care Proxy Law**

This law gives individuals a way to ensure that their wishes regarding medical care will be honored if they lose the ability to decide for themselves. A Health Care Proxy is a legal document that allows you to appoint someone you trust to make medical decisions for you. The form must be signed in front of two witnesses but need not be publicly filed. Send a self addressed stamped envelope to:

Executive Office of Elder Affairs/Health Care Proxy Form  
1 Ashburton Place, 5th floor  
Boston, MA 02108

## LEGAL, FINANCIAL, & CONSUMER INFO.

### Declaration of Homestead

617-679-6310

For seniors 65 and older, a Declaration of Homestead protects \$200,000 (\$400,000 for a couple) of the value of owner occupied property from attachment, seizure or judgment by creditors (excludes Federal, local government, or existing mortgages.) Forms must be filed at the Registry of Deeds for a fee. Blank forms may be obtained from:

Southern Middlesex County  
Register of Deeds  
208 Cambridge St.  
Cambridge, MA 02141

## FINANCIAL INFORMATION

### Social Security

1-800-772-1213

[www.ssa.gov](http://www.ssa.gov)

Social Security is a federal insurance program that pays a monthly stipend to workers or their families when the worker retires, becomes disabled, or dies. Social Security is an entitlement program, however, one must apply either in person, or by mail at your local Social Security office at least three months before retirement. The Social Security Administration publishes helpful booklets: "Understanding Social Security" and "Retirement" that explain the programs. Call for a free copy.

### Supplemental Security Income (SSI)

1-800-772-1213

SSI is a financial assistance program administered by the Social Security Administration to help individuals with very low income. Call Social Security for more information. A SHINE counselor can help negotiate the process. Call the COA/Senior Center at 617-972-6490 to schedule an appointment.

# LEGAL, FINANCIAL, & CONSUMER INFO.

## **Emergency Assistance to Elderly, Disabled, and Children**

[www.ma.gov/dta](http://www.ma.gov/dta)

**1-800-249-2007 or 617-629-1400**

EAEDC is a state-funded program administered by the Department of Transitional Assistance to help individuals with very low income. The qualifications are not as stringent as those for SSI. Apply at your local welfare office. Call the Department of Transitional Assistance for more information.

## **‘Virtual Gateway’ to MA State Services**

<https://vgportal1.hhs.state.ma.us/portal/dt>

A gateway to State Health and Human Services programs through the [www.ma.gov](http://www.ma.gov) website that consumers and providers can use to find state services and determine an individual’s eligibility.

## **Veterans Benefits**

**617-972-6416**

Veterans who meet income, assets and military requirements, and their families may be eligible for benefits through the Veterans Administration. Call the Veterans Agent for more information.

## **Emergency Assistance**

**617-972-6490**

Limited financial assistance is available through the Town and the Salvation Army. Call the COA/Senior Center for more information.

## **Money Management**

**617-926-4100**

Help with bill paying and check-writing chores is available to eligible seniors through Springwell. Call for more information.

## **Income Tax Assistance 617-972-6490**

The AARP TaxAid Program operates locally at the Senior Center from mid-February through April 15. Trained volunteers do tax returns by appointment.

# LEGAL, FINANCIAL, & CONSUMER INFO.

## Operation A.B.L.E.

617-542-4180

This program offers paid training opportunities and job search assistance to income eligible individuals age 55 and older.

## CONSUMER INFORMATION

### MA Office of Consumer Affairs & Business Regulation

[www.ma.gov](http://www.ma.gov)

617-727-3200

This state office provides information and advice on legal rights concerning consumer issues including:

### Consumer Hotline

617-973-8787 or 888-283-3757

### Home Improvement Information

617-973-8787

[www.ma.gov/homeimprovement](http://www.ma.gov/homeimprovement)

Information about home improvement for homeowners including the Home Improvement Contractor Law which provides for an arbitration program, a Guaranty Fund, sample contracts and checklists.

### Home Improvement Contractor Look Up

617-727-3200

<http://db.state.ma.us/bbrs/hic.pl>

Listing of contractors who are registered with the State.

### Office of the Massachusetts Attorney General

617-727-8400

[www.ago.state.ma.us/](http://www.ago.state.ma.us/)

Call here to register a complaint about problems with nursing home abuse, insurance frauds, investment scams and other consumer issues.

## LEGAL, FINANCIAL, & CONSUMER INFO.

### **The Attorney General's Elder Hotline** **1-888-243-5337**

A statewide, toll-free telephone hotline to assist individuals on a wide range of elder issues including fraud, financial exploitation, and problems with telemarketers.

### **Newton/Brookline Consumer Office** **617-552-7205**

A free service funded by the Attorney General's Office, this office provides mediation and direct negotiation on your behalf if you have been treated unfairly by a Massachusetts business.

### **Do Not Call Registry** **1-866-231-2255**

[www.mass.gov/donotcall](http://www.mass.gov/donotcall)

Register by phone, by mail, or online to reduce the number of telemarketing calls you receive.

MA Do Not Call Program

P.O. Box 1348

Boston, MA 02117

### **Junk Mail**

To limit the amount of junk mail entering your home, remove your name from national mailing lists by contacting:

Direct Marketing Association

Mail Preference Service Box 643

Carmel, NY 10512

[www.dmaconsumers.org/index.html](http://www.dmaconsumers.org/index.html)



# FOOD AND NUTRITION

## **Congregate Lunch Program**

**617-924-9801**

Springwell administers the federally funded Congregate Lunch Program at two sites in Watertown. A \$1.75 donation is requested.

Woodland Towers  
55 Waverley Ave.

Monday – Friday at 11:30 a.m.  
Saturday and Sunday at 12:30 p.m.

Warren Apartments  
100 Warren St.

Thursday only at 11:30 a.m.

Call one day in advance between 9:00 and 10:30 a.m. to reserve Monday-Friday. Call by 12:30 on Thursday for weekend reservation.

## **Meals on Wheels**

**617-926-4100**

Meals on Wheels is federally funded and administered by Springwell for homebound elders and hospital discharges who find it difficult to prepare meals. A hot meal is delivered Monday through Friday. Frozen meals for weekends, and accommodations for special diet requirements are available. A \$1.75 donation is requested.

## **Watertown Food Pantry**

**617-972-6429**

St. John's Church, 80 Mt. Auburn St.  
Tuesday 10 - 11:30 a.m. and Thursday 4- 6 p.m.

## **St. Vincent DePaul's Food Pantry**

**617-926-7121**

St. Patrick's Church, 26 Chestnut St.  
Monday, Tuesday, and Thursday 10:00 – 11:45 a.m.

Open to any Watertown resident in need, these food pantries may be accessed once per month. Volunteer assistance is available for delivery to homebound and infirmed elders.

# FOOD AND NUTRITION

## **Serve New England**

**888-742-7363 or 617-923-2021**

[www.servenewengland.org](http://www.servenewengland.org)

Serve is a nonprofit organization that offers a nutritious food package worth approximately \$30.00 for \$14.00 plus two hours of volunteer work that you choose. Call for a site near you.

## **Food Stamps**

**1-800-645-8333**

Food Stamps may be used at grocery stores to purchase food. Income eligibility restrictions apply. Call for qualification information and an application.

[www.gettingfoodstamps.org](http://www.gettingfoodstamps.org) supported by Project Bread provides up-to-date information about food stamp eligibility and an application form that may be downloaded.

## **Project Bread FoodSource Hotline**

**1-800-645-8333**

Call the Hotline for information about free or low cost food resources, and to receive an application for the Food Stamp program mentioned previously.

## **Watertown COA/Senior Center Shopping Bus**

**617-972-6490**

The Watertown Senior Shuttle travels a route throughout Watertown to take seniors shopping. The bus goes to the Stop & Shop on Watertown St. on Tuesdays, the Super Stop and Shop on Pleasant St. on Fridays. Call 617-972-6490 for the stop closest to you. We adjust the route to accommodate new riders, and request a quarter donation each way.

## **Coupon Exchange at the Senior Center**

**617-972-6490**

Seniors may drop off and pick up manufacturers' coupons. The coupon exchange is a great way to stretch your food dollar.

# TRANSPORTATION INFORMATION

## **MBTA Reduced Fare Senior Pass**

**617-222-5976**

The MBTA issues a pass that entitles seniors (over 65) to a reduced fare on subways, buses and commuter rail. The pass may either be purchased in person at the MBTA Senior and Access Pass Office in Boston, or by mail. Applications are available at the Senior Center. Call for more information.

## **MBTA RIDE**

**617-222-5123**

The MBTA RIDE program provides door-to-door transportation for any individual with a disability that prevents them from using public transportation. An application must be submitted including medical verification of the disability by a licensed/certified human service or health care professional. Advanced reservations are also required.

## **Medical Transportation**

**1-800-427-0230**

The Town contracts with Busy Bee Transportation to transport Watertown seniors to medical appointments locally and in Boston. The service is available Monday through Friday, from 9:00 a.m. - 3:00 p.m. and must be reserved at least three days in advance. A donation is requested: \$2.00 each way for local, and \$4.00 each way for out of town appointments.

## **Senior Medical Escort Program**

**617-926-4100**

Administered by Springwell, this program matches seniors with volunteers to drive and/or accompany frail elders to medical appointments.

## **Watertown Senior Shuttle Shopping Bus**

**617-972-6490**

The COA\Senior Center operates the Senior Shuttle for grocery shopping Tuesdays, and Fridays. The route is adjusted to accommodate new riders. Call for schedule.

## TRANSPORTATION INFORMATION

### Local Taxi Services:

**McCue's** 617-924-0600 or 617-926-2000

**Watertown Taxi** 617-923-2007 or 617-923-9003

A senior discount may be available. Be sure to ask. The COA\Senior Center may reimburse seniors for taxi fare under certain circumstances. Call 617-972-6490 in advance, and ask to speak with the Director of Senior Services.

**Suburban Home Health Care, Inc.** 1-866-MEDRIDE

Provides a door-to-door service (i.e.: help from your home to the vehicle) to medical appointments. Charge is \$25 each way for ambulatory passengers, and \$35 for passengers with a wheelchair, plus mileage.

# COUNCIL ON AGING SENIOR CENTER PROGRAMS AND SERVICES

Watertown Council on Aging/Senior Center      617-972-6490  
31 Marshall St.  
Watertown, MA 02472      [www.ci.watertown.ma.us](http://www.ci.watertown.ma.us)

The Council on Aging/Senior Center provides social, health, educational, recreational, advocacy and support programs to help Watertown's older adults remain a vital part of the community. The Senior Center is fully accessible to individuals with physical disabilities. We are open Monday through Friday from 8:30 a.m. until 5:00 p.m.

## Services and Programs for seniors and their families include:

### *Information & Referral:*

Call us at 617-972-6490 for answers to your questions about services and resources available for seniors through the COA/Senior Center, and other area agencies.

### *Case Management:*

Our caseworker advocates for frail elders by working with outside agencies, helping to put services in place, and directing individuals to appropriate services. The caseworker also provides emotional support to elders and their families through home visits and phone contact.

### *Shopping Bus:*

The Senior Shuttle provides transportation for shopping to Watertown seniors. The bus operates Tuesday, Friday, and the first Wednesday of the month. We request a small donation.

## PROGRAMS AND SERVICES

### ***Watertown Senior News:***

Our free monthly newsletter, contains articles about day trips, weekly lectures, and movies, a daily calendar of activities, and is available at the Town Hall, Senior Center, libraries, banks, the malls, and senior housing.

### ***Medical Transportation:***

A van is available 9:00 a.m. to 3:00 p.m., Monday through Friday for Watertown residents sixty and older for medical appointments at local and Boston area hospitals, clinics, and doctors' offices through Busy Bee Transportation. The van is accessible to persons with physical disabilities. Call at 1-800-427-0230 at least three days before the appointment. They request a donation.

### ***Health Insurance Counseling:***

SHINE (Serving the Health Information Needs of the Elderly) provides free counseling and advice to seniors about health insurance issues, by appointment, Tuesday mornings.

### ***Property Tax Work-Off Program:***

This Town program allows a limited number of Watertown seniors to work in a Town Department in exchange for a reduction of up to \$750 in their property tax bill.

### ***Income Tax Assistance:***

Volunteers, trained and certified by the I.R.S. and AARP, prepare tax returns by appointment at the Senior Center mid-February through April 15.

# COUNCIL ON AGING SENIOR CENTER PROGRAMS AND SERVICES

## ***Snow Shoveling & Yard Work:***

We maintain a list of students and adults who will do these tasks. The senior initiates the call and negotiates payment directly with the worker.

## ***Watertown Food Pantry:***

The Food Pantry provides a monthly food package to needy residents. The pantry is located at St. John's Church, 80 Mt. Auburn St. and is open Tuesday 10 - 11:30 a.m. and Thursday 4- 6 p.m. Call 617-972-6429.

## **Activities, Classes and Workshops at the Senior Center include:**

***Exercise Classes:*** three aerobic/ strength training classes, Tai Chi, and yoga.

***Watch Our Weight:*** a weekly nutrition and exercise class.

***Health Screenings:*** monthly blood pressure, hearing, dental, and foot care.

***Weekly Lectures:*** topics include health, financial, legal, safety, and the arts.

***Recreation:*** line dancing, bingo, art, cards, knitting, computers, book club, movies, day trips, and parties.

***Drop-In:*** Stop by to relax or use the book, magazine, or coupon exchange.

Consult the calendar insert in the Watertown Senior News for program days and times, or go online to [www.ci.watertown.ma.us](http://www.ci.watertown.ma.us) and click on Events Calendar.

# VOLUNTEER, ENRICHMENT AND RECREATIONAL OPPORTUNITIES

## VOLUNTEERING

### **Faith in Action**

**617- 924-1212**

Faith in Action is an ecumenical group whose volunteers help in the community as needed. Ask for Jean Malloy.

### **Literacy Volunteers**

**617-924-8797**

[www.watertownlib.org/projectliteracy.htm](http://www.watertownlib.org/projectliteracy.htm)

Project Literacy trains volunteers for individual or small group tutoring in English as a Second Language and Adult Basic Education.

Call or email [projectliteracy@ci.watertown.ma.us](mailto:projectliteracy@ci.watertown.ma.us)

### **SOAR (Service Opportunities After Retirement)**

**617-969-5906 x120**

Volunteer opportunities are available in specialized programs. Ask for Jan Stiller.

Seniors who want to become involved in activities by volunteering their time can find opportunities by contacting churches, hospitals, and schools.

Other resources include:

Watertown Senior Center

617-972-6290

Watertown Food Pantry

617-972-6429

Springwell

617-926-4100



# VOLUNTEER, ENRICHMENT AND RECREATIONAL OPPORTUNITIES

## ENRICHMENT AND RECREATION

### **Watertown Senior Center**

**617- 972-6490**

[www.ci.watertown.ma.us](http://www.ci.watertown.ma.us)

The Senior Center offers a variety of recreational and educational programs for seniors. We list our programs in the calendar insert of our monthly Watertown Senior Newsletter, and online.

### **Watertown Free Public Library**

**617- 972-6431**

[www.watertownlib.org](http://www.watertownlib.org)

The library, and its Friends organization sponsors adult cultural programs and events; discussion groups, lectures, concerts, exhibitions, and free passes to area museums.

### **Watertown Recreation Department**

**617- 972-6494**

[www.ci.watertown.ma.us](http://www.ci.watertown.ma.us)

The Recreation Department offers affordable tennis and golf lessons in the spring. Call or check online listings.

### **Watertown Adult Education**

**617- 926-7764**

Classes offered in the fall and spring mostly at Watertown High School. Senior discounts are available for some courses.

### **Watertown Boys and Girls Club**

**617- 926-0968**

Seniors pay a reduced rate for membership. The pool offers adult lap swim times.

## RECREATIONAL OPPORTUNITIES

### **Tuition-Free Courses at Mass. State Colleges and Universities**

Seniors (over 60) are eligible for free tuition at state universities and community colleges in courses where space is available. For more information, call the admissions office of the college or university you are interested in attending.

#### **UMass Gerontology Program**

**627- 287-7330**

[www.geront.umb.edu](http://www.geront.umb.edu)

The Gerontology program is a two-semester program on aging that is free to students 60 and older. Call for more information.

#### **Elderhostel**

**1-877- 426-8056**

[www.elderhostel.org](http://www.elderhostel.org)

Elderhostel is a nonprofit educational organization that arranges short courses, and study travel programs designed for seniors. They offer five or six day courses at one of the 1,800 participating educational institutions in the United States, Canada, and around the world.

#### **Tufts Institute for Lifelong Learning**

**617-627-5885**

[www.tufts.edu/alumni/ed-till.html](http://www.tufts.edu/alumni/ed-till.html)

The Tufts Institute for Lifelong Learning (TILL) offers the opportunity to return to the classroom with on-campus [study groups](#) and online [distance learning](#) courses.

#### **Boston University Evergreen Program**

**617-353-9852**

[www.bu.edu/lifelong/evergreen](http://www.bu.edu/lifelong/evergreen)

The Boston University Evergreen Program invites elders of the community to enrich their lives through opportunities to participate in the intergenerational setting of the University through lectures and discussion groups.

# RECREATIONAL OPPORTUNITIES

## **Retired Person's Association**

**617-547-6789 ext.1**

[www.ccae.org](http://www.ccae.org)

A discussion group that meets weekly at the Cambridge Center for Adult Education. Part of their Organization of Older Students (OOS) that also offers other informal learning opportunities.

## **Middlesex Community College MILES Program 781-280-3617**

<http://noncredit.middlesex.mass.edu/miles>

MILES (Middlesex Institute for Lifelong Education for Seniors) offers informal learning opportunities, use of their Fitness Center, and library in exchange for a membership fee.

## Watertown Town Offices

Fax: 617-972-6403

Assessor.....	617-972-6410
Animal Control.....	617-972-6446
Auditor.....	617-972-6460
Board of Appeals.....	617-972-6428
Building, Wire, Plumbing Inspector.....	617-972-6480
Civil Defense.....	617-972-6520
Collector.....	617-972-6453
Conservation.....	617-972-6426
Council on Aging.....	617-972-6490
Election Office.....	617-972-6488
Fire Dept.....	617-972-6565
Watertown Food Pantry.....	617-972-6429
Health Dept.....	617-972-6446
Library Main Branch.....	617-972-6431
Library North Branch.....	617-972-6442
Library East Branch.....	617-972-6441
Personnel.....	617-972-6443
Planning.....	617-972-6417
Police.....	617-972-6500
Public Works.....	617-972-6421
Recreation.....	617-972-6494
Retirement.....	617-972-6456
School Dept.....	617-926-7700
Town Clerk.....	617-972-6486
Town Council.....	617-972-6470
Town Manager.....	617-972-6465
Treasurer.....	617-972-6450
Veterans.....	617-972-6416
Zoning.....	617-972-6427

**Watertown  
Council on Aging/Senior Center  
31 Marshall St.  
Watertown, MA 02472  
[www.ci.watertown.ma.us](http://www.ci.watertown.ma.us)  
617- 972-6490  
FAX: 617-972-6493**